

National Ringette School- Cornwall 2014-2015
APM Centre - 35 Mercedes Dr, Cornwall, PE COA 1H0

August 14-18, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Sign In Activity
9:00 AM	to 9:50 AM Ice
10:00 AM	to 11:00 AM Ice Breakers
11:00 AM	to 11:30 AM Snack and Games
12:00 PM	to 12:50 PM Ice
1:00 PM	to 2:00 PM Lunch and Strategy Session
2:00 PM	to 2:30 PM 1on1 Goal Setting
3:00 PM	to 3:50 PM Ice
4:15 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Mental Training
9:00 AM	to 9:50 AM Ice
10:00 AM	to 11:00 AM Team Drawing
11:00 AM	to 11:30 AM Snack and Games
12:00 PM	to 12:50 PM Ice
1:00 PM	to 2:00 PM Lunch and Strategy Session
2:00 PM	to 2:30 PM Leader Listener
3:00 PM	to 3:50 PM Ice
4:15 PM	Pick Up

Tuesday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 9:30 AM Community Discussions
9:30 AM	to 10:30 AM Ringette: The Board Game
11:00 AM	to 11:50 AM Ice
12:00 PM	to 1:00 PM Lunch and Strategy Session
1:00 PM	to 1:30 PM Mental Training
2:00 PM	to 2:50 PM Ice
3:00 PM	to 3:45 PM Fitness
3:45 PM	to 4:15 PM Common Thread
4:15 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Chuck the Chicken
9:00 AM	to 9:50 AM Trivia!
10:20 AM	to 11:20 AM Ice
11:30 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 1:20 PM Fitness
1:50 PM	to 2:50 PM Ice - Scrimmage!
3:00 PM	to 3:30 PM Team Building
3:30 PM	to 4:15 PM Wrap Up/Goodbyes
4:15 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Codebreaker
9:00 AM	to 9:30 AM Task Direction
10:00 AM	to 10:50 AM Ice
11:00 AM	to 11:30 AM Team Building
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 1:50 PM Ice
2:00 PM	to 3:00 PM Fitness
3:00 PM	to 4:15 PM Flip it
4:15 PM	Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks - Bug spray
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Full equipment
- Sharp skates
- Stick(s)
- Sunscreen



Late Pick-Up Policy: \$10/15mins.
 Payable with cash only upon same day pick-up or next day drop-off.
 Child will not be permitted to re-join the camp until fee is paid.